

## SECTION C

### LIGHT WHILE SLEEPING

The next series of questions ask about your sleeping patterns and the amount of light in your room while you were asleep. Do not include times when you were taking naps. Again, please focus on the 5 year period prior to (REFERENCE DATE), that would be from (5 YEARS PRIOR TO REFERENCE DATE) through (REFERENCE DATE).

- C1. What time did you go to sleep on a typical weekday?

□□ : □□ AM / PM

- C2. What time did you wake up on a typical weekday?

□□ : □□ AM / PM

- C3. What time did you go to sleep on a typical weekend?

□□ : □□ AM / PM

- C4. What time did you wake up on a typical weekend?

□□ : □□ AM / PM

- C5. On average, over this 5 year period, that would be from (5 YEARS PRIOR TO REFERENCE DATE) through (REFERENCE DATE), how much sunlight entered your room while you were sleeping? Would you say:

Virtually no sunlight, ..... 1  
Some sunlight, or ..... 2  
A lot of sunlight? ..... 3

- C6. During the 5 year period prior to (REFERENCE DATE), how often did you sleep with a mask that covered your eyes? Would you say:

Never or almost never, ..... 1  
Sometimes, or ..... 2  
Always or almost always? ..... 3

- C7. During this 5 year time period, how often did you usually fall asleep with a light on? Was it:

SHOW  
CARD C

Less than once a month or never, ..... 1 (C9)  
One to three times a month, ..... 2 (C9)  
About once a week, ..... 3  
Two to four times a week, or ..... 4  
At least five times a week? ..... 5

C8. On those (nights/days) that you usually fell asleep with a light on, did you usually keep it on all (night/day)?

YES..... 1  
NO ..... 2

C9. During this 5 year time period, how often did you wake up in the middle of your sleep and turn on a light in your bedroom, bathroom, kitchen, hallway, or any other room? Was it:

SHOW  
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Less than once a month or never, ..... 1 (SECTION D)  
One to three times a month,..... 2 (SECTION D)  
About once a week,..... 3  
Two to four times a week, or ..... 4  
At least five times a week?..... 5

C10. How many times a (night/day) did you wake up in the middle of your sleep and turn on a light?

TIMES

C11. On average, for how many seconds, minutes, or hours would the light be on each time you turned it on?

SECONDS ..... 1  
MINUTES..... 2  
HOURS..... 3